

# Farrah Fruit



# **Farrah Fruit**

**apple**

**blackberries**

**bananas**

**watermelon**

**strawberry**

**kiwi**

**grapes**

**orange**

**cherries**

**Reggie.  
Veggie**



# **Reggie Veggie**

**carrot**

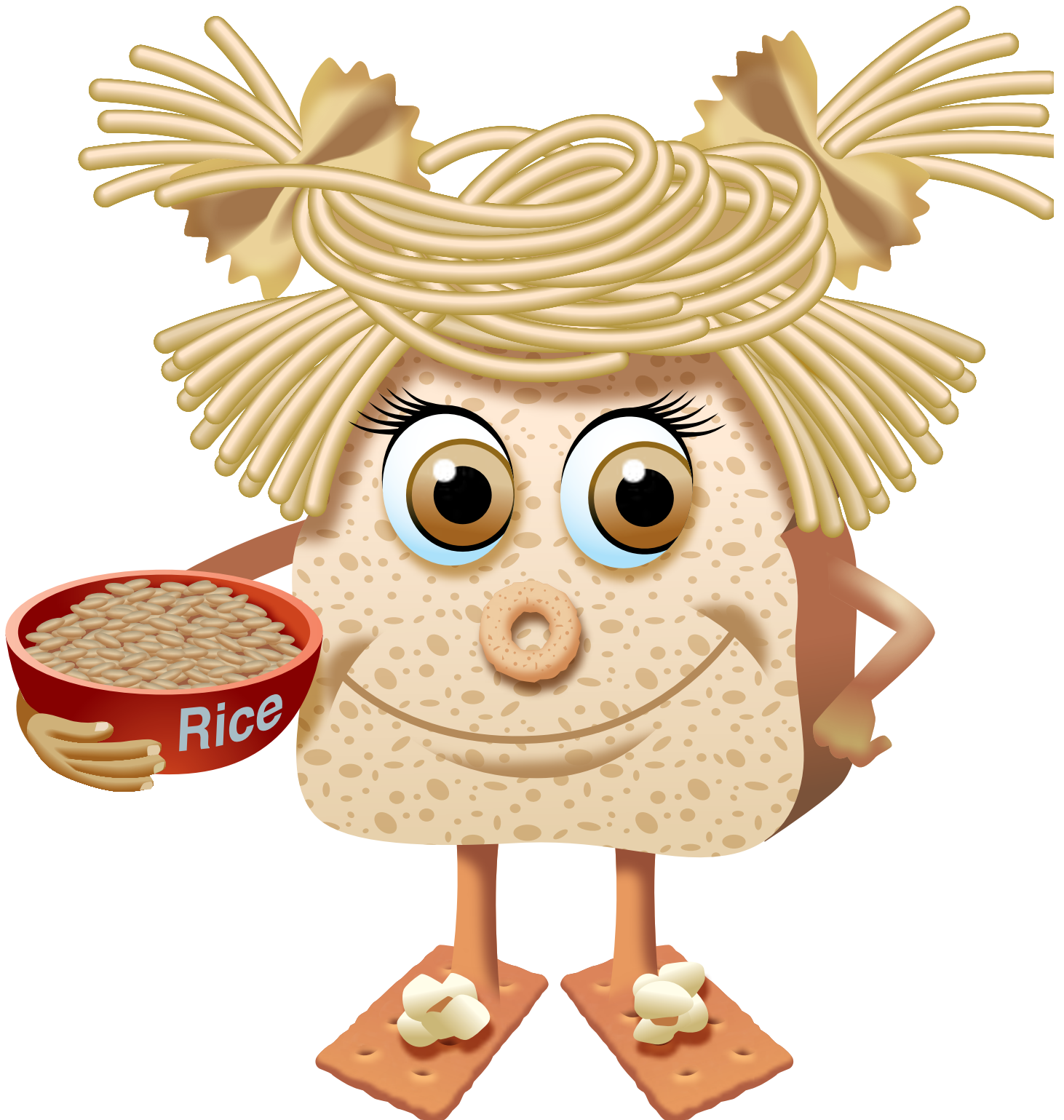
**broccoli**

**snap peas**

**spinach**

**bean**

# Jane. Grain



# **Jane Grain**

**whole-wheat bread**

**whole-grain pasta**

**(spaghetti and bowtie)**

**whole-grain cereal**

**brown rice**

**popcorn**

**graham crackers**

# Dean Protein



# **Dean Protein**

**chicken**

**ham**

**egg**

**beans**

**peanuts**



**Mary  
Dairy**



# Mary Dairy

yogurt

milk

cheese

**MyPlate  
Nate**



**MyPlate  
Kate**



# ***MyPlate***

## **Nate and Kate**

**They eat healthy foods  
from each food group  
every day. They also  
like to run and play  
every day. Eating smart  
helps them play hard.**